

CLINICAL PILATES TIMETABLE

CLINICAL PILATES - WITH PHYSIOTHERAPIST (4:1)
PHYSIOTHERAPIST-LED DUET AND PRIVATE CLINICAL PILATES BY APPOINTMENT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.30am CLINICAL PILATES Sofie		8.30am CLINICAL PILATES Valerie		7.30am CLINICAL PILATES Sofie	8.00am CLINICAL PILATES Rotating
					9.00am CLINICAL PILATES Rotating
	10.30am CLINICAL PILATES Sofie			10.30am CLINICAL PILATES Sofie	10.00am CLINICAL PILATES Rotating
12.30pm CLINICAL PILATES Valerie	12.30pm CLINICAL PILATES Sofie			12.30pm CLINICAL PILATES Valerie	
5.00pm CLINICAL PILATES Valerie	5.00pm CLINICAL PILATES Valerie/Sofie	5.00pm CLINICAL PILATES Sofie/Danica			
	6.00pm CLINICAL PILATES Sofie				

PRANA PHYSIOTHERAPY & HEALTH PRICING

	DURATION	PHYSIOTHERAPISTS	SENIOR PHYSIOTHERAPISTS	PRINCIPAL PHYSIOTHERAPISTS & DR HELEN CLARE
PRIVATE CONSULTATIONS	Up to 25 minutes	\$125	\$135	\$140
	Up to 50 minutes	\$186	\$227	\$280
DUET 2:1 SESSIONS	Up to 50 minutes	\$93/person	\$114/person	\$140/person
SEMI-PRIVATE CLASSES	50 minutes per session	\$75 casual (6 months expiry) 10 pack \$600 - \$60 per class - Most Popular (6 months expiry) 20 pack \$1080 - \$54 per class (6 months expiry) 30 pack \$1530 - \$51 per class (6 months expiry) <i>Invoices sent after class completed to claim private health rebate</i>		